

SELECT YOUR EXCHANGE STUDENT TODAY!



Choose a high school exchange student from France, Germany, England, Russia, Italy or Scandinavia to join your family for this coming school year. Enrich your home with the culture and friendship of your new student while sharing your love with them. It's an experience of a lifetime.

Call today!
Local Area Rep: Richard Peck at 589-7909
Susan at 1-800-733-2773



A WORLD OF UNDERSTANDING THROUGH CROSS-CULTURAL AND EDUCATIONAL PROGRAMS.



Likes dancing and art. Kim hopes to join a drama club as an exchange student.

Reach 5,000 sports, fitness and recreation readers in El Cajon, La Mesa, Santee, Lemon Grove, Lakeside and Spring Valley every Tuesday.

RV COUNTRY CLUB



Located at 4,800-foot elevation, near the historic little town of Julian.

Giant-size swimming pool and jacuzzi - Sports Courts - 2 Fireplace Club House - Saturday Night Dinners - Full-time Activity Director & 24-Hour Security.

Call us Toll-free for information at

1-877-KQ RANCH
(1-877-577-2624)

FIRST IN CUSTOMER SERVICE!



McCrea Music Company

**SALES • RENTALS
INSTRUMENTS
ACCESSORIES
REPAIRS • LESSONS**

**8361 ALLISON AVENUE
LA MESA**

**EZ ACCESS FROM HWY 94
& HWY 8**

Serving all of East County

698-7272

Tuesday, September 22, 1998

Tuesday
LIVE!

Sports Fitness Recreation

THE LEMON GROVE

REVIEW

BULK RATE
U.S. POSTAGE
PAID
LA MESA, CA.
PERMIT NO. 188

GUHSD fall season promises surprises

by Keith
Antigiovanni

NORTH SANTANA

Water Polo: The team is looking for first league title. For the 4th year in a row, the Sultans made a move towards being a contender under Coach Rob Bowen. He is in his 4th year as coach of the team and each year it has been over .500.

The coach said expectations are high this year after finishing 2nd in the league and being seeded 6th in the CIF playoffs in 1997.

In addition to its 2nd place finish, the Sultans won a school record 21 games. Last year, the water polo team was the most successful fall sport at Santana.

Much of Sultans success over the past three seasons is because of standout players Bryson Tompkins, Jarom Price and Matt Lavoie. All three are seniors. Coach Bowens says that the team also has a couple of talented sophomores Steve Page and Jeff Rollins.

Football: Santana is ready to move forward. Last year the Sultans were 3-7. This year, there is a new

coach and a new attitude. The new coach is Jerry Ralph and the attitude that Sultan football is on the move. Last year, the team was voted into an at-large CIF playoff spot.

Cross Country: The girls team compiled a perfect season in league last year and expect to compete for another CIF title and another trip to the state meet.

Standouts are Kim Pace, Eva Benitez and Kim Baza, who were selected as 1st Team All-League members.

Also special mention is made of Nathan Snodgrass for being selected to the boys All-League Team.

Girls Volleyball: Santana's team qualified for the playoffs for the 4th consecutive season, but was eliminated by El Camino in the first round of the playoffs. Debbie Anlien was voted 1st Team All-League and Kathy Tran made the Senior All-Star Team.

WEST HILLS

Football: The West Hills team is coming off of a 9-2 record and the league championship. The team got off to a good start in its opener beating La Jolla 24-13 on the road, then overwhelming Saint Augustine, 33-7.

Football: Santana is ready to move forward. Last year the Sultans were 3-7. This year, there is a new



Despite efforts like this out of the Granite Hills goalkeeper, who was forced to make many such stops, the host Santana team prevailed in the tight water polo match on Sept. 10. Santana is one of the favorites in the Grossmont League this year.

Photo by Marv Rosen

and won its opener versus Bishops, then took its first two USIU Classic matches last week. This year, the Wolf Pack is picked once again to win the league title.

Water Polo: The boys had won their second match after coming off a rough season-opening loss.

EL CAJON VALLEY

Football: The Braves

Continued on Page 2B

Vol. 51, No. 6

Because of the successful

Community Notes

YMCA brands East County for fifth time

The Davis/Grossmont Family YMCA is once again making its mark on East County by hosting its Fifth Annual YMCA Branding special event fundraiser from 4 - 10 p.m. Saturday. The event is held annually to raise funds to support YMCA children's programming in East County including 19 child care sites, a 17,000 square foot gymnastics and dance center, over 30 day camps, swim lessons, youth and government, youth sports and family events. The branding will be held outdoors under a canopy of centuries-old oak trees at the Deerhorn Valley Ranch of Paul and county Supervisor Dianne Jacob.

This year's branding will again be sponsored by The Outback Steakhouse. The Outback will cater the dinner to include barbecued steak, chicken and ribs, grilled shrimp, burgundy mushrooms, wild rice and cheesecake.

Entertainment will include dancing to the swinging sounds of the Mar Dels and Ray Buchanan and the Reckless Revelers, an auction for the "live" and "silent" types, casino gaming and plenty of western spirits.

For more information or to purchase tickets, call 464-1323.

Lemon Grove Fire Log

Aug. 27, 1998

7900 blk. Palm St. Alarms ringing.
2600 blk. Hardy Dr. Assault victim.

Aug. 28, 1998

8100 blk. Lemon Grove Way. Difficulty breathing.
6900 blk. Federal Blvd. Alarms ringing.
8100 blk. Broadway. Person down.
Broadway/Lemon Grove Ave. Vehicle accident.
6900 blk. San Miguel Ave. Unconscious.
Federal Blvd./San Miguel Ave. Slumped over the wheel.
7500 blk. Calvocado St. Evaluate for the Sheriff.
3200 blk. Harris St. Seizure.
1800 blk. Ramon St. Residential structure fire.
7500 blk. University Ave. Commercial/industrial fire.
8700 blk. Saint George St. Residential structure fire.
8000 blk. Broadway. Vehicle vs. structure/commercial.
2200 blk. Massachusetts Ave. Abdominal pains.

Aug. 29, 1998

7900 blk. Palm St. Alarms ringing.
2200 blk. Debco Dr. Abdominal pains.
8900 blk. Cottonwood Ave. Move up.
3800 blk. Harris St. Possible stroke.
2600 blk. Central Ave. Residential structure fire.
1600 blk. Madera Ave. Chest pains.
1600 blk. San Altos Pl. Medical aid.
Canton Dr./Skyline Dr. Person down.

Aug. 30, 1998

8100 blk. Lemon Grove Way. Chest pains.
7800 blk. Barton Dr. Residential structure fire.
1000 blk. Armacost. Residential structure fire.
1500 blk. Angelus Ave. Medical aid.
3300 blk. Buena Vista Ave. Assault victim.
1600 blk. Dartmoor Dr. Alarms ringing.
7400 blk. Broadway. Traffic accident.
3700 blk. Grove St. Difficulty breathing.
7800 blk. Carlisle Dr. Nosebleed.

PUBLIC NOTICES

NOTICE OF TRUSTEE'S SALE

Trustee Sale No. 98-01898. Loan No. 7986531. Title Order No. 8253506 APN 480-082-22-00.

YOU ARE IN DEFAULT UNDER A

DEED OF TRUST DATED OCTOBER 1, 1993 UNLESS YOU TAKE ACTION

TO PROTECT YOUR PROPERTY. IT

MAY BE SOLD AT A PUBLIC SALE.

IF YOU NEED AN EXPLANATION OF

THE NATURE OF THE PROCEED

INGS AGAINST YOU, YOU SHOULD

CONTACT YOUR LAWYER. On October 6, 1998 at 10:00 A.M. ARM Financial Corporation as the duly appointed trustee under and pursuant to Deed of Trust recorded on October 13, 1993, instrument 1993-0580730, of official records in the Office of the Recorder of San Diego County, California, executed by Richard A. Long, a single man, as Trustor, Federal National Mortgage Association, as Beneficiary. Will sell at public auction to the highest bidder for cash (payable at time of sale in lawful money of the United States), by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, as well as a cashier's or savings bank, specified in section 5102 of the Financial Code and authorized to do business in this state. At the south entrance to the County Courthouse at 220 West Broadway, San Diego, CA, all right, title and interest conveyed to and now held by it under the Deed of Trust dated June 30, 1997. Unless you take action to protect your property, it may be sold at a public sale. If you need an explanation of the nature of the proceeding against you, you should contact a lawyer. On October 13, 1998, at 10:00 A.M. Advanta Nominee Services, Inc. as duly appointed trustee under and pursuant to Deed of Trust recorded 7-8-97, as inst no 1997-0321931, of official records in the office of the county recorder of San Diego County, State of California, executed by James A. Love and Louise E. Love, husband and wife as joint tenants as Trustor, will sell at public auction to the highest bidder for cash (payable at time of sale in lawful money of the United States) at the front steps of the County Courthouse 220 West Broadway, San Diego, CA all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said county and state described as: A.P.N. 577-310-01-00. The street address and other common designation, if any, of the real property described above is 1600 blk. San Altos Pl. Lemon Grove, California 91945. The undersigned trustee disclaims any liability for any inaccuracy of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, express or implied, regarding title, possession, or encumbrances, to pay the remaining principal sum of the note(s), secured by said Deed of Trust with interest thereon, as provided in said Deed of Trust, fees, charges and expenses of the trustee and of the trusts created by said Deed of Trust. The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of initial publication of the notice of sale is \$112,990.34. The Beneficiary under said Deed of Trust, heretofore executed and delivered to the undersigned, Writen Declaration Of Default And Demand For Sale and a written notice of default and election to sell. The undersigned caused said notice of Default And Election To Sell to be recorded in the county where the real property is located. This is an attempt to collect a debt, and any information obtained will be used for that purpose. Date: 21 Sep 98 Advanta Nominee Services, Inc. Trustee, by Specialized, Inc. as Agent for said Trustee 4180 Via Real #8, Carlsbad, CA 92008 (619) 584-1424 (619) 584-8430 B1 Weber, Trustee Sale Officer P112422 9/22 9:29 10/06/98

The Lemon Grove Review

Box 127, Lemon Grove, CA
91946 • (619) 469-0101

Published Tuesdays and Thursdays
Adjudicated a newspaper of general circulation in Superior Court of State of California in and for San Diego County, December 5, 1949. Entered as Third Class matter in La Mesa, CA.

Adjudication Number 155392
\$20 yearly in San Diego County
\$40 yearly elsewhere in U.S.A.

Steven Saint, Publisher

Assistants to the publisher:
Cheryl Cohen, Trudy Thomas
Sports Editor: Mary Rosen
Contributing writers: Cheryl Cohen,
Greg Eichelberger, Michael Krawczak,
Joe Naiman, Paul Treske,
Betty Jo Tucker

Submissions

Letters, editorial and photo submissions are welcome, but will not be returned to sender unless accompanied by self-addressed, stamped envelope.

Material can be sent via e-mail at the following address: yscmr@adnc.com.

All materials must be received by the Monday preceding the date of publication. The editor reserves the right to edit all submissions.

Advertising

All advertising is subject to current rate card. The publisher reserves the right to reject an advertiser's order.

Only publication of an advertisement shall constitute final acceptance.

Send all correspondence to: Forum Publications, Inc., P.O. Box 127, Lemon Grove, CA 91946

Lemon Grove Almanac

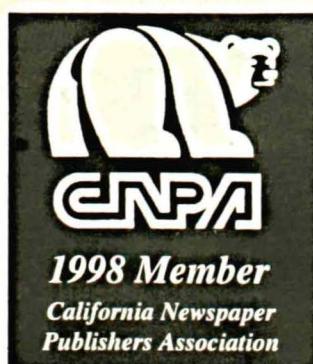
1994 Population: 25,100
Incorporated: 1977
Area: 3.75 sq. mi.
Median income: \$34,399
1996-97 city budget: \$26.3 million
1996 taxable sales: \$265 million

Mayor: Mary Teresa Sesson
Council: Thomas Clabby
Craig Lake
Dwight Shelley
Jill Greer

City Manager: Doug Yount
Planning Director: Linda Niles
City Attorney: Gloria McLean
City Clerk: Christine Taub
Sheriff's Capt.: Yolanda Collins

Congressional district:
52nd - Duncan Hunter
State Senate district:
40th - Steve Peace
State Assembly district:
77th - Steve Baldwin
Supervisory district:
2nd - Dianne Jacob

Libraries: 1
Post offices: 1
Parks: 4
Recreation centers: 1



Lemon Grove Sheriff's Log

Aug. 16, 1998

3200 blk. Main St. Commercial burglary. Value unknown.

Aug. 26, 1998

7500 blk. Broadway. Commercial burglary. \$94 value.

Aug. 27, 1998

7500 blk. Broadway. Commercial burglary. \$299 value.

7500 blk. Broadway. Commercial burglary. \$58 value.

Citrus St. Auto theft. Value unknown.

Aug. 28, 1998

7100 blk. Mt. Vernon. Auto theft. Value unknown.

Aug. 30-31, 1998

7400 blk. Canton Dr. Vehicle burglary. \$618 value.

Aug. 31, 1998

7500 blk. Broadway. Commercial burglary. \$102 value.

Sept. 1, 1998

8900 blk. Mazer St. Residential burglary. \$390 value.

7500 blk. Broadway. Commercial burglary. \$189 value.

7100 blk. Broadway. Vehicle burglary. \$349 value.

Sept. 2, 1998

7000 blk. Broadway. Auto theft. Value unknown.

2700 blk. Lemon Grove Ave. Strong-armed robbery. \$200 value.

Sept. 3, 1998

Lemon Grove Ave. Petty theft. \$125 value.

Sept. 4, 1998

7000 blk. Madera St. Residential burglary. \$1,860 value.

3500 blk. Grove St. Vehicle burglary. \$15 value.

7500 blk. Broadway. Commercial burglary. \$121 value.

Sept. 5, 1998

8400 blk. Adams St. Petty theft. \$190 value.

6800 blk. Cedral Pl. Residential burglary. \$1,000 value.

3200 blk. Acacia St. Auto theft. \$5,500 value.

Sept. 6-7, 1998

2200 blk. Massachusetts Ave. Petty theft. \$345 value.

Sept. 7-8, 1998

1400 blk. Hardy Dr. Vehicle burglary. \$675 value.

Sept. 9-10, 1998

1800 blk. Taft St. Petty theft. \$100 value.

Sept. 10, 1998

7000 blk. Broadway. Commercial burglary. Value unknown.

7000 blk. Mt. Vernon. Residential burglary. \$920 value.

Sept. 12, 1998

2800 blk. Cypress Ave. Petty theft. Value unknown.

7100 blk. Westview Pl. Auto theft. Value unknown.

7300 blk. Mt. Vernon St. Auto theft. Value unknown.

Medical professionals say flax important to good health

Flax is getting more attention these days. In fact, some in the medical profession are saying that flax, a dietary supplement, helps prevent cancer, menopause symptoms and may improve cardiovascular health.

In the Sept./Oct., 1998 issue of *Herbs for Health*, an article entitled "Benefits of Flax" noted that flax was inexpensive and easy to incorporate into the diet.

Neil Hirschenbein, M.D., founder and medical director of Personal Physicians, agrees that there are many benefits of making flax a staple of our diet.

"The article reiterated what we have been telling our patients for the past year," said Hirschenbein, a board-certified gastroenterologist. "Many menopausal women, concerned that standard hormone replacement therapy may stimulate breast cancer, are turning to flax and soy for a more natural food-based therapy," he added.

Dr. Hirschenbein said that several studies have been published that suggest that flax may also inhibit the spread of melanoma cells, as well as the development of colon and prostate cancer.

The *Herbs and Health* article noted two studies for cardiovascular protection, one demonstrated an 8 percent drop in LDL cholesterol over a 4-week period; the second demonstrated a reduction in platelet aggregation (a similar effect to taking aspirin).

"Even fellow-physician Dean Ornish, the guru of low fat diets, and a man who never before met an oil he liked, has stated that flax is even better than olive oil when it comes to protecting the heart," said Hirschenbein.

Flax is extraordinarily rich in lignans, which act like phytoestrogens to lower cancer risks, as well as antioxidants. Flax seed is also packed with alpha linolenic acid, the plant-world's version of the omega-3 fatty acid that makes fish a potent heart protector. In contrast, olive oil contains only trace amounts.

"In our practice, we have more than 100 patients taking flax seed," said Hirschenbein. "Many of them have also benefited from controlled weight loss, improved sugar levels, as well as decreased lipids."

Send your Fictitious Business Name Statement to:

\$22! *The Lemon Grove Review*

Box 127, Lemon Grove, CA

New!**Free Tuesday Live! Box Ads****Free!**

Free reader advertising boxes are now being offered in our six *Tuesday Live* publications. We encourage sports, recreation or fitness items, but, hey, advertise your yard sale if you want.

New
Garage sales OK
send 10 days ahead

LEMON GROVE LIBRARY BOOK SALE Friends of the Lemon Grove Library will hold their bi-monthly book sale Saturday, Sept. 26. These great book bargains help the physically fit to keep mentally fit!

CERTIFIED PERSONAL TRAINERS and nutritionists. Aerobics, injury rehabilitation, body fat testing and massage. Gift certificates. Visa/MasterCard welcome. (Lic. 97001618.) Wendy's Health & Fitness Services, 466-4386.

SECRETARY For non-profit health care organization. Must be detail-oriented w/prev of exp & comp. skills. FT, entry level position w/room for growth. Send resume: 5360 Jackson Dr #202, La Mesa 91942. Fax: 619-589-1524

EXERCISE EQUIPMENT WANTED. Buy, sell, trade, consign. Exercise bikes, stair steppers, treadmills, Nordic Tracks, etc. Play It Again Sports, La Mesa, 667-9499.

VOLUNTEERS NEEDED AT T.E.A.C.H. CENTER in Lakeside Wednesday or Thursday afternoons to walk with horses and precious cargo. Horseback Riding for the Disabled. Call 596-2025 for information.

AMERICA MAY BE the home of the free, but are you really free? Find out how you can be financially free at <http://www.si-partners.com>. You'll need this code: ZAF4571

CASH FOR COMIC BOOKS! Comic book, toys, trains, beanie babies. I buy and sell. Will pay today. 466-3631

ONLY FIVE BOLD WORDS
Items are limited to 30 words or less. Phone numbers count as one, hyphenated words as two. Our current *Tuesday Live* circulation is at least 5,000 per week.

Why not utilize this space for a garage sale?

EXERCISE MACHINE, Weslo Cardioglide, like new, \$50. 445-5898.

2 4'X8' 1/4 INCH PEG BOARDS. Slightly used — Both for \$15. 697-1751

Available

Forum Publications is not responsible for veracity of boxes, nor for the accuracy of the ads. We will only make corrections if box is to be rerun (separate application) more than once. We also reserve the right to reject any ad and will not guarantee that a particular free ad will be run (we will try).

Oldsmobile, 1984 Cutlass Supreme Brougham. 2 dr, V8, automatic loaded, smog'd, immaculate, new tires/ brakes, recent engine/ transmission tuneups, no dents/ dings, 115K miles, one owner, maintenance records. \$1,995. 562-8606

STAFFING COORDINATOR P/T, home care agency. Exper pref'd. 619-464-2273

CERTIFIED PERSONAL TRAINER. Professional Certificate in Fitness Instruction/Exercise Science UCSD. Specializing in designing/coaching exercise programs in your home! Free consultation. Motivated workout. 543-9919.

COUNSELING/ MENTAL HEALTH WORKER - Residential care of 6 adolescent boys, weekend position Fri-Sat-Sun + Thurs AM meeting (9-11:15am). \$8.00/hr. BA/BS & good DMV req'd. 698-9698

CARDIO KICKBOXING, Men's/women's co-ed classes. Fun, comfortable atmosphere. All ages and abilities. Self defense. 2 for 1 introductory. Donna Malloy's American Kenpo Karate, 563-6659.

OVERWEIGHT? DEPRESSED? HEALTH CHALLENGES? Adam and Eve Nutritional Counseling. Service can help you. We care. Members of Price-Pottenger Nutrition Foundation. Call 582-0845 or email adam.n.eve@juno.com

FREE!

THIGH, BUTT SCULPTURE. Seen on TV. \$100 asking \$50. New condition. 466-1887

To submit an ad use this form provided. MAIL to Forum Publications, Box 127, Lemon Grove CA 91946.

Name _____ Daytime phone _____

BOLD WORDS: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____

Text: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____
6. _____ 7. _____ 8. _____ 9. _____ 10. _____
11. _____ 12. _____ 13. _____ 14. _____ 15. _____
16. _____ 17. _____ 18. _____ 19. _____ 20. _____
21. _____ 22. _____ 23. _____ 24. _____ 25. _____
26. _____ 27. _____ 28. _____ 29. _____ 30. _____

Business & Service Directory**ATTORNEYS**

Affordable Divorce
20 years experience
Free Initial Consultation
Lawsuits, Bankruptcy.
Real Estate, Wills, Trusts
DANIEL R. KNOWLTON
464-2255

DAY CARE

Lakeside
Licensed Day Care
#376608376
\$50 per week (1st 6 mos.)
CPR - 1st AID
Fenced Yard - MEALS
390-3655

PRINTING

CHEAPO'S
Quick Color Printing
(cheaper than you know who's)
Color Copies - 50¢
(Between Cuyamaca & Cottonwood in the
Buena Vista Business Park)
449-1400

TAX OFFICE

The Tax Office of
RHAYLENE
MONTGOMERY, EA
Tax planning/preparation
Problem Resolution and
Business Consulting
4817 Palm Ave., D, La Mesa
464-6700

PHOTOGRAPHY

PHOTOGRAPHY
BY LORA

460-5612

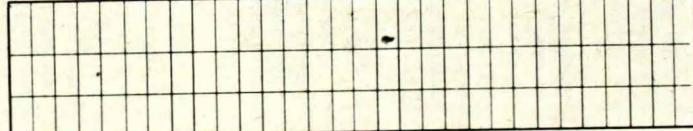
CANOPIES

CANOPIES, TARPS,
TRUCK COVERS
Retail & Wholesale,
no job too big or small
free estimate!
CHRIS'S CANVAS
7850 Lester Ave Lemon Grove
466-7411

Thursday Classified Ad Coupon

Classification desired _____

Message _____



Name _____

Phone number _____

Your ad will run in all six Forum Publications newspapers. Send your check for \$3 per line (30 characters and spaces) for each week with your ad to:
Forum Publications, Inc., P.O. Box 127, Lemon Grove, CA 91946

Subscription Coupon

El Cajon Eagle Lakeside Leader La Mesa Forum
 Lemon Grove Review Santee Star Spring Valley Bulletin

I wish to subscribe to the newspaper(s) I have checked above. I understand that 52 weekly issues will be mailed to me for only \$20.00 per year for newspaper (outside San Diego County in USA - \$40.00). I am enclosing my check to start my subscription(s).

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Mail to: Forum Publications, Inc., P.O. Box 127, Lemon Grove, CA 91946

The Business & Services Directory

\$50 for 4 weeks or \$80 for 8 weeks.

Mail your copy to: P.O. Box 127, Lemon Grove, CA 91946

High schools

Continued from Page 1

are coming off the team's most successful season after going 10-2 and losing in the semifinals to the eventual champion - Oceanside.

This year the expectations are even higher, despite losing some key players to graduation.

Athletic Director Jim Wolf said that some critics have picked the Braves to finish last in their division. He said that this is something the players will be using as motivation.

Despite the personnel changes, the Braves have some talented players.

They are wide receiver and defensive back Brian Ostberg, quarterback Mike Perez and running back and linebacker Kordel Williams.

In its opener El Cajon tied Coronado 21-21, coming back from a 21-0 halftime score, followed by a comeback win over nearby Christian, 20-9, last week.

"We are rebuilding along our lines, both on offensive and defensive," added Wolf.

Girls tennis, cross country and water polo are all considered to be underdogs this year, but the A.D. expects improvement, given that the players will have another year of experience.

Girls Tennis: The team will be returning half of its players this season after graduation losses.

Girls Field Hockey This is a club sport and is one of only two Field Hockey teams in the Grossmont League (along with West Hills).

GROSSMONT

Football: The program is returning with many new players, including a new quarterback.

The quarterbacking duties will be shared by David Jackson and Jeremy Arthur. The Hillers have some seniors returning and are ex-

pecting a better season this year.

Grossmont has three teams, varsity, JV and freshman. This year, like every year, their goal is to win, but Principal Bill Ashman said, "We want them to play hard and have fun."

The Grossmont players are getting plenty of support. The A.S.B. has covered the campus with spirit banners to show its support.

Girls Volleyball: The team is coached by Vicki Cavarus, in her first year.

The squad has five returning seniors on the varsity team, 14 10th graders on the JV and 14 on the freshman team.

Water Polo: The team is returning 12 varsity, 17 JV and 15 novice players. They are coached by Brad Kreutzkamp, who is looking to improve on last season's strong season. El Capitan Cross Country is coached by Dick Wilkins.

Girls Tennis: The team

has started off 4-1 after finishing second in the league last season. Most of the players are returning and coach Thor Stibor is expecting improvement.

Girls Volleyball: Under the coaching of John Engels, in his second year, it is expected to be the most improved team of El Capitan fall sports, and, so far, is undefeated in preseas.

SOUTH

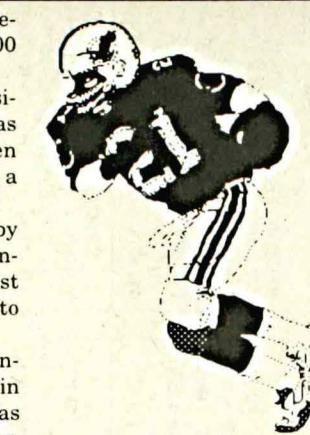
GRANITE HILLS

Football: The first two games for the Granite Hills Football team should be a good indicator of how good the team will be this year.

After opening against Mira Mesa with a loss in the annual game that has become quite a rivalry, the team was handed a 20-0 blanking by Rancho Buena Vista.

Although it didn't show in the first two non-league games, one bright spot is the return of the offensive line with another year of experience together, which should make the team's offense stronger.

The team is led by quarterback Mark Baynes, and



team has had some injuries and most of the defense from last year has graduated.

However, the Eagles team is still enthusiastic about the young defense stepping up this year.

Last year, the team made the playoffs and expects to return this year, with the league title in hand.

Cross Country: The boys team looks solid again. Coach Yarbrough always has a strong, competitive team, which, this year, will be led by an outstanding runner in Jason Finch. Jason finished second at the state meet last year and is considered to be one of the best in the county. The girls team looks strong as well.

Girls Tennis: The team seems to have a fine squad and was able to beat Santana convincingly in its season opener.

Last year, it had some good individuals, and this year the expectations are that they will play even better as a team and will improve as the season moves on.

Water Polo: Despite the early loss to Santana by a 6-5 score to open the season, the team is a very strong group, with most of the players from last year returning, and with expectations of being one of the top teams this fall.

Girls Volleyball: The volleyball team will be improved, because almost

everyone from last year's team is back. Being a year older the team is more experienced and should improve.

HELIX

Football: When does a football team that went 7-4 and made it to the CIF playoffs consider that it had a "down" year? When it is Helix, which is looking to rebound from 1997.

After back to back 10-0 seasons and a 9-1 year in 1994, Coach Jim Arnaiz said that he expects an improvement from last season, provided they can stay healthy and avoid injury.

He also said that the schedule is tough this year. Two opponents that stand out are Patrick Henry who the Scotties opened against with a 14-14 tie, and El Camino, next week's opponent (Helix beat rival Grossmont Friday, 30-12.)

A major bright spot for the team is the of three-year starting quarterback Terron Franklin. Arnaiz says that Franklin is looking very good in practice, even though the heat has been a major obstacle.

Cross Country: The team is returning three of its top five runners and expects to have a good year.

Girls Volleyball: The team had a successful summer. Placing 9th out of 20 teams in a tournament in Hawaii during which the team didn't lose a game. The tournament results were based on a point system

MOUNT MIGUEL

Football: Mount Miguel football got the 1998 season off with a 22-6 win over Southwestern. The defense gave up a score on the first play then shut down the opposition for the remainder of the game. Last week, the team suffered a tough 14-9 loss to Kearny.

This year the Matadors, under coach Glenn Recas-

ner, have a large number of players in their program - 180.

Four of them are returning starters who are expected to have great years: junior quarterback Richard Macon, senior wide receiver Montrell Thomas and running backs Verdell Stovall and Antoine Woods.

Water Polo: The team, coached by Kalen Ross, has lost its first games. With only one returning senior, it still expects to improve from last year.

Cross Country: The runners always work well as a team. One of the best returning runners is Morgan Rounkles who is expected to finish high among league participants.

Girls Volleyball: The team is expecting a better year in 1998 even though the Matadors are in a highly competitive league. This year All League player Cary Bellanger will be returning.

Girls Tennis: Coach Stephanie Wederstrand has a lot of girls on the team.

Although the girls lost to Grossmont in their first game, they were competitive, which is something that the coach believes she can build on. One notable player is Sara Arguilla.

Athletic Director Kathy Worley said, "We want the kids to have fun, that's the whole point."

Editor's note: Due to some problems reaching the coaches at Valhalla and Monte Vista, we will cover their fall sports next week.

Community Health Services planning adolescent fitness/nutrition program

by Joe Naiman

cooks in the family, whether low-fat foods are consumed and how much exercise adolescents have.

Another issue being investigated is body image and weight-loss attempts.

Stubberud remarked that rather than assuming the health community to be the experts, the adolescents need to provide input on what measures would be effective in improving their nutrition and fitness.

Stubberud warned that without the necessary skills, knowledge and tools, the best-designed programs cannot be successful.

He also suggested that, perhaps, the choice of activities offered is not appropriate for specific groups.

"It's really a community-based nutrition and fitness project," said Tom Stubberud, Health Promotion Coordinator for ECCHS.

The target group will be adolescents ages 10 to 14. Although the CANFit program is specifically designed for minority youth, Anglo focus groups are included along with Native American, African-American, Latino and Asian youth populations.

The CANFit program came about as the result of a class action suit filed in 1977, which claimed that certain breakfast cereal ads contained misleading claims.

After 10 years of negotiations, the parties agreed to funding of a non-perpetua-

ting \$2 million trust fund.

CANFit started in the late 1980s, and introduced its first needs assessment in 1990.

The program currently contains four major components: funding innovative community-based interventions in nutrition education and physical education for targeted youth, coordinating with other organizations serving such youth, providing training and technical assistance to projects and sponsoring scholarships.

The scholarships are designed so that low-income college students can continue their education and study such subjects as nutrition, physical education, public health and culinary arts.

Once ECCHS assesses what would be required for a successful implementation program, they would apply for an implementation grant from the CANFit program.

"It's been a nice opportunity for us to move into another area of health," said Stubberud.

"We certainly don't know where it will take us, but we hope to be providing more services, especially to young people," he added.